

HEALTH Tips 2005

Take Simple Steps Every Day to Live a Safe and Healthy Life

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Small, daily steps can help improve your health. Eating healthy, exercising regularly, and being smoke-free are some of the ways you can make sure you are on the right track to staying healthy.

Eat Healthy

To improve your health and reduce your risk for some diseases, eat five or more servings of fruits and vegetables a day; eat less saturated fat; and watch your portion size.

Maintain a Healthy Weight

Eat better and get regular exercise. A healthy weight can help reduce your risk for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke.

Get Moving

Find fun ways to stay in shape like walking, dancing, or gardening. Adults should get 30 minutes and children should get 30-60 minutes of moderate physical activity most days of the week.

Be Smoke-Free

If you smoke, quit today! Live a healthier life and lower your risk for disease by NOT smoking and by avoiding second-hand smoke.

Get Routine Exams and Screenings

Talk to your health care provider about how often you should get checked or tested for certain diseases and conditions to identify potential problems.

Get Vaccinations

Vaccinations are for everyone. Some are recommended for certain jobs, lifestyles, destinations, and conditions. Protect yourself by keeping up with your vaccinations.

Manage Stress

Juggling work, home, and play can be challenging. Protect your mental and physical health by taking steps to manage your stress.

Know Yourself and Your Risks

You may be at increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Learn what your risks are and how to reduce them.

Be Safe and Protect Yourself

Take steps to protect yourself and others wherever you are. This includes using seatbelts, applying sunscreen, wearing helmets, exercising carefully, washing your hands, and watching your relationships.

Be Good to Yourself

Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play.



For more information about health, visit: www.cdc.gov and www.atsdr.cdc.gov.